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Vote for Glace Bay, Yarmouth MLA seats today

summer

ELECTION Voters in Glace Bay and Yarmouth will head to the polls today to fill seats vacated by Liberal David Wilson and Tory Richard Hurlburt during the MLA expense scandal.

Wilson quit his Glace Bay seat in March, refusing to speak with auditor general Jacques Lapointe and hirring a lawyer. His son, Dan Wilson, is one of five candidates vying for the seat in Glace Bay.

Hurlburt, perhaps the biggest casualty of the expense scandal, resigned his Yarmouth seat in February. METRO HALIFAX



Canada pg 6

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Cousin's Restaurant customers have their lunch yesterday as police officers investigate a crash at Lady Hammond Road and Robie Street. A 14-year-old boy was hit by a car and trapped underneath.

Boy pinned in crash

If there weren't so many firefighters handy, a 14year-old boy might not have survived a car accident in north-end Halifax yesterday.

Halifax Regional Police say a boy was crossing against the light at Lady Hammond Road near Robie Street just before 12:30 p.m. when he was struck and pinned underneath a car.

A number of firefighters from nearby Station 4 were attending a union meeting when they heard the crash. Between 10 and 15 people — firefighters, Cousin's Restaurant patrons and passersby — lifted the car on its side, under the direction of the firefighters.

"If they hadn't lifted the car off him, he'd be dead," said firefighter Darren Jones.

The boy couldn't breathe and his face was purple.

Firefighter Dave Pace travelled with the boy in

the ambulance.

"He was talking about playing football and basketball." Pace said. "He was very lucky: He had a big bump on his head, a sore shoulder and road rash."

Peter Kanallakos, owner of Cousin's Restaurant, said he heard the crash, looked up and saw a pair of legs sticking out from under the car. He ran out with several customers to help.

Ali Ali owns Newsbreak Café and watched the rescue effort. "It was incredible — all the people acting in a split second," he said.

But an accident like this wasn't a surprise, he added. "These kids are walking across the street in front of cars all the time. I'm surprised it took this long to happen and that it doesn't happen every day."

Highland Park junior high school is located close to the intersection.

JENNIFER TAPLIN/ METRO HALIFAX

Glace Bay soldier slain by IED in Afghanistan

NAKHONAY A Nova Scotia soldier who was a "proud Cape Bretoner" on his fourth tour of duty in Afghanistan has become the latest victim of the war against the Taliban.

Sgt. James MacNeil, 28, of Glace Bay, was killed by an improvised explosive device yesterday morning near the village of Nakhonay after he had dis-

mounted from his armoured vehicle.

It's the second straight Canadian death in Nakhonay, about 15



kilometres southwest of Kandahar city.

"He was serving on his fourth deployment to Afghanistan," said Brig.-Gen. Jonathan Vance, commander of Task Force Kandahar. "Sgt. MacNeil was killed by the detonation of an improvised explosive device while on a joint foot patrol with the Afghan National Army near the village of Nakhonay."

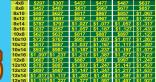
Nakhonay is in the Panjwaii district, which is known as the birthplace of the Taliban.

THE CANADIAN PRESS





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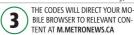
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Another Tory MLA backing Baillie

A second Progressive Conservative MLA is throwing his support behind the leadership bid of Jamie Baillie, left. Hants West MLA Chuck Porter issued a release stating Baillie is the right person to lead the rebuilding of our party." Porter joins Chris d'Entremont" as the second current Tory MLA to endorse Baillie's bid. The Tory leadership convention will take place Oct. 29 and 30 at the Cunard Centre in Halifax. Potential candidates have until Aug. 14 to file their papers. Baillie is the only one to do so thus far. METRO HALIFAX

NEWFOUNDLAND The RCMP are accusing a Nova Scotia man of loading a car with weapons as part of a plot to kill police officers in Newfoundland.

The story started to unfold Sunday when the Mounties in Port aux Basques, N.L., were told a man aboard a ferry headed to the Newfoundland port had firearms in his vehicle.

Police were also told the man from Kings County planned to drive to the Corner Brook area in western Newfoundland to kill police officers.



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volatility and how to cope metronews.ca/ investing



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The RCMP followed the man's car to St. Georges, N.L., where he was arrested on the Trans-Canada Highway, about 80 kilometres south of Corner Brook.

Inside the vehicle, police found boxes of ammunition, a high-powered rifle. a crossbow, arrows and a machete.

Sgt. Boyd Merrill, a spokesman for the RCMP, said a traveller aboard the Marine Atlantic ferry alerted staff about the man and his plans.

That person had yet to be interviewed by police, Merrill said in an interview yesterday.

Mark Baltzer is facing several charges, including failure to comply with a re cognizance, possession of a firearm without a licence. possession of a prohibited weapon and driving while disqualified.

Formal charges were expected to be laid today.

THE CANADIAN PRESS



N.S. man accused of plotting to kill RCMP (Zigging instead of zagging)

Animal behind Bedford sightings probably lost: Officials

PHILIP CROUCHER

The Bedford bear can't seem to find his way home.

The province's Department of Natural Resources says it believes weekend sightings of a black bear running through several neighbourhoods in Bedford South and neighbouring Paper Mill Lake are the same animal.

They also say the bear is probably lost and unable to find his way back to the Hammonds Plains area, which is where these animals are normally spotted

Walk away

• The Department of Natural Resources advises anyone who runs across a black bear to quietly back up and leave immediately. The person then should contact DNR or police.

"It seems like the bear is just zigging instead of zag-ging and keeps finding himself down towards the harbour, instead of the other way," said Jenny Costelo, wildlife technician for DNR, Halifax West

She added bear sightings in Bedford are quite unusu-

"This bear isn't a

garbage bear ... When peoing through yards." ple see him, he's just tearpeople's

After bear sightings a week ago, several more popped up in Bedford over the weekend, including on Saturday from Southgate Drive to Paper Mill Lake.

Several reports to police were of two bears, including one baby bear. Costelo said she has had no reports of a baby bear being spotted.

On Sunday, a bear was seen at Bedford South School at nearby Oceanview Drive

Bedford South School went ahead with its daily routine yesterday.

Halifax Regional School Board spokesman Doug Hadley said the school contacted DNR officials yesterday and was told it was "highly unlikely" the animal would approach the school during the day, because bears don't typically approach large groups of people.

Hadley said officials with DNR informed school staff of what to do should a bear be spotted, and passed the information on to students.

The school also sent home a notice to parents with the information from DNR and asked them to discuss it with their chil-

Membertou 400 **Setup underway**



Danny Paul from the Membertou First Nation erects a teepee on the Halifax Common yesterday afternoon. The teepees are being set up for the 400th anniversary of Grand Chief Henri Membertou's baptism celebrations on the weekend.

Avalon Sexual Assault Centre You are cordially invited to attend our Annual General Meeting

> Wednesday, June 23rd, 5:30pm Atkins Room, NS Public Archives (Corner of Robie & University)

Highlights of 2009/2010 achievements and performances by Spoken Word artist El Jones.

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Please RSVP by June 21st, by phone 422-4240, or email avaloncentre@eastlink.ca

Sexual Violence is a Community Problem in Need of a Community Solution. Together we can STOP Sexual Assault.

News in brief

STANDOFF A man is in custody after an armed standoff in Lunenburg County. RCMP were dispatched to a residence in Crousetown, where they found a man armed with a shotgun. Investigators described the 48vear-old as suicidal. No one was injured, though the man fired four shots in and around the house. He surrendered to police and was later taken to hospital for an assessment.

THE CANADIAN PRESS

Police probing arson cases at same apartment complex

CRIME Police are investigating two cases of arson at the same Halifax apartment building on Sunday

Halifax Regional Police say they responded to a fire at 5651 Ogilvie St. after a small amount of paper was lit on fire in the fifthfloor hallway. Someone uswet towels extining

guished the fire and there

was very little damage. An hour earlier, firefighters were also called to the apartment after a business card-size piece of paper had been lit on fire, which set off the smoke

That fire went out on its own without any damage. METRO HALIFAX

Charges laid after break and enters

SUSPECT Police have charged a Dartmouth man in relation to seven break and enters over the last five months.

Robert Gordon Reid, 36, was scheduled to appear in Dartmouth Provincial Court yesterday to face a total of 14 charges.

On June 7, members of the Halifax Regional Police/RCMP East Quick Response Unit say they observed a man acting suspiciously and approaching several homes. While the man did not enter any of the homes, police say they determined his behaviour to be consistent with attempting to break and enter.

The suspect was arrested without incident on June 18 on seven charges of attempted break and enter.

According to Halifax Regional Police spokesman Const. Brian Palmeter, further investigation resulted in charges relating to seven break and enters between Feb. 1 and June

"(Police) made further inquiries, they spoke to homeowners," he said. "After getting it all together in consultation with the Crown, they determined that his (alleged) actions were criminal in nature.'

ALEX BOUTILIER/ FOR METRO HALIFAX

The vice-principal of St. Andrews Consolidated school near Antigonish has raised almost \$60,000 in pledges as she prepares for a cross-Canada bike ride to raise funds for childhood cancer research. Gym teacher Suzanne Delaney says training for the 15-day, 7,000-kilometre Sears National Kids Cancer Ride is going well. THE CANADIAN PRESS

Putting an end to icetime imbalances



The fight over prime time ice in the HRM is about to get interesting.

Men's hockey — both boys and men's - get most of the best practice hours because it has the lion's share of players. But Nova Scotia Women's Hockey League teams don't get a single hour of prime time ice in Halifax or Dartmouth

Tonight, Halifax regional council will look at new rules for ice allocation for the four-pad area which will open in Bedford this fall. If accepted, these rules would be phased in at the HRM's 16 other arenas.

"Hockey in Halifax has far outgrown the facilities. Now with the new facility, it shakes things up a bit," said Christina Lamey, president of the Nova Scotia Women's Hockey League.

'We're living proof that the status quo hasn't worked. We're very eager to see some fairness and equity across the board."

The competitive ringette program is piecemeal because of a lack ice time, said Lindsay Bennett with Ringette Nova Scotia.

Our program has definitely been hurting," she said.



Construction continues on the new four-pad arena in Bedford yesterday. HRM council is looking at establishing new rules which would see players from traditionally underserviced sports such as sledge hockey, ringette and women's hockey get better ice time than they have received in the past.

Expensive ice

 Even if they manage to get ice time at the new four-pad arena in Bedford. Nova Scotia Women's Hockey League president Christina Lamey said it will be expensive.

higher than everywhere else. It's about \$265/hour where even the (Halifax) Metro Centre is only \$220/hour," she

Ice time is currently grandfathered in, meaning teams entrenched in the community and youth teams are given preference.

Nustadia Recreation Inc. is running the new fourpad arena and has come up

"The ice time cost is much

with a set of rules for equitable ice time. The first two years at the four-pad arena will be a catch-up for underserviced groups such as sledge hockey, ringette, figure skating, and other hockey teams.

After the second year,

they will take into consideration the number of players on a team and the amount of ice time recommended for each level.

Bedford Coun. Tim Outhit said the \$39-million facility will have a domino effect, opening up ice time in other facilities.

"Though I'm thrilled this facility is being built in Bedford, and it's 20 years overdue, it is a regional facility and I'm 100 per cent in support of giv-ing female hockey and ringette players and the figure skaters some first dibs on this," he said.

House sales on the rise in HRM

ALEX BOUTILIER for Metro Halifax

REAL ESTATE Housing sales in HRM spiked this spring according to numbers re-leased yesterday by the Nova Scotia Association of Re-

During the period be-tween March and May, 1,925 single-family residential homes were sold in Halifax and Dartmouth -16.9 per cent increase over the same period last year.

According to NSAR president Karen Edwards, the increase in sales reflects increased con-

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sumer confidence that global

recession may finally be receding.

"People are becommuch ing more comfortable after last vear's economic situa-

tion ... people are becoming more comfortable and going on with their lives.

Provincially, 3,079 single-family homes were sold between March and May – an increase of 16.2 per cent.

The average price of homes in HRM also increased by 4.7 per cent to \$251,085 — the highest average in the province.

Edwards remains optimistic the trends will continue as the year progress-

"I'm optimistic. Halifax has held its own, and Nova Scotia for the most part has held its own, so I'm looking

forward to half of the year," she

said. Data provided in NSAR's reports is provided on a three month basis and includes only single family residential listings.

News in brief

FIRE A small business in western Nova Scotia has been destroyed by fire. The blaze at Arthur's Auto Repair in Oak Park was spotted by a passing motorist around 6 a.m. yesterday. Several fire departments were called to the scene, but the building couldn't be salvaged by the time the blaze was put out.

THE CANADIAN PRESS

IMP lands contract for military aircraft

AURORA A contract extending the life of 10 Aurora aircraft was awarded to a Halifax firm.

Work has already begun at IMP Aerospace based at the Halifax Stanfield International Airport, Hammonds Plains and Amherst.

The military aircraft will have their outer wings, lower centre wing and horizontal stabilizers replaced. The work means the aircraft will be operational beyond 2025.

Several Aurora aircraft are stationed at 14 Wing Greenwood in the Annapolis Valley. They're used for surveillance and search and rescue operations over the Atlantic Ocean.

IMP says the multimillion-dollar contract will employ about 100 people in the province.

METRO HALIFAX

Supreme Court to determine if tar ponds lawsuit can go ahead

SYDNEY The Supreme Court of Nova Scotia has been to determine whether a group of 400 people can launch a classaction lawsuit over health problems they claim they've suffered by living near the notorious Sydney tar ponds.

Lawyer Ray Wagner, in his opening submission yesterday before Justice John Murphy, said the group wasn't seeking personal iniurv claims against the federal and provincial governments.

Instead, they want a cleanup of the soil around homes within a five-kilometre radius of the former Sydney Steel Co. and adjacent coke ovens operations, he said.

The tar ponds, created by the waste left behind after a century of steelmaking, are among the most contaminated sites

Broadcast live

 Nine days have been set aside for the hearing, which is being broadcast live over the Internet.

in Canada. They are believed to contain 700,000 tonnes of toxic sludge.

Wagner said the group also wants a health study to examine the impact of the toxic compounds produced by the former Crown-owned operations

between 1968 and 2000.

"The community wants ... their day in court," Wagner told the court. "They trust the courts, but now in 2010 they do not trust the government.

Wagner said the case was about "the contamination of an entire com-

He alleged both levels of

government knew there were harmful substances in the runoff from the industrial operation and failed to inform the community.

As well, the govern-nents mischaracterized ments evidence presented in subsequent health studies, he said.

But lawyers for both the province and Ottawa contend a class action isn't appropriate given there would be too many "individual issues" that would have to be resolved to determine liability. Agnes MacNeil, a lawyer

for the Nova Scotia government, also took issue with the notion the plaintiffs are after a "modest settlement."

She said any cleanup of neighbourhoods in Sydney alone would cost millions of dollars.

METRO NEWS SERVICES



Three youth are facing charges after police arrested four people for putting graffiti on machinery in Bedford's Lions Park. Police say two of the youths arrested allegedly were in possession of marijuana and were responsible for the graffiti. Another youth was then charged for being in possession of brass knuckles. METRO HALIFAX

Boy critically hurt in N.L. shooting

CHARGES A 12-year-old boy remains in critical but stable condition after he was shot inside a home in western Newfoundland on the weekend.

Police say the boy from La Scie was taken to hospital in St. John's, where doctors removed a bullet.

Police say a 15-year-old boy has been charged with careless use of a firearm, pointing a firearm and possession of an unlicensed firearm.

Police say a 47-year-old man who owns the gun is also facing charges, including unsafe storage of .223calibre rifle and unsafe storage of ammunition.

THE CANADIAN PRESS

Man exposed himself to woman: Police

SUSPECT Police say a man exposed himself to a woman in the parking lot of the Lacewood Mall in Clayton Park on Friday

afternoon.
The suspect left in a black Volkswagen with a Quebec licence plate, police say, and was last seen in the 400 block of Parkland Avenue.

Police say the suspect is between 25 and 30 years old, with strawberry blond hair He was wearing a blue shirt, black dress pants and black dress shoes.

METRO HALIFAX

News in brief

GRANTS Some recreation facilities in the Annapolis Valley received a shot in the arm yesterday from the province. Under the Recreation Facility Development Program, the area is receiving \$318,000 through 17 grants. The money is to be used to renovate facilities, develop and maintain walking trails and build and upgrade various sports fields. METRO HALIFAX

Cause of fatal crash under investigation

Car crossed centre line in storm

PHILIP CROUCHER
philip.croucher@metronews.ca

Police are trying to determine the cause of a fatal head-on crash late Sunday night that left two young men dead.

The crash happened at about 10:20 p.m. as police say a Honda Civic travelling northbound on Highway. 107 near the Forest Hills extension crossed the centre line and struck a GMC Savanna head-on.

"That's still part of the ongoing investigation by the traffic analysts to try and put together why the vehicle crossed the centre line," Halifax RCMP spokesman Cpl. Joe Taplin said as to why this accident took place. "But it was raining very heavy and there

was Smith thun-Wesson der 38 special **MORE NIGHTS** thet wilight saga

lightning storm taking

Two men inside the Civic - a 19-year-old from Dartmouth and 20-year-old from Montreal - were both pronounced dead at the scene.

volver and five grams what police believe is cocaine was seized from the Civic. Ta-

Victims' identities

 At the request of the families, police say they won't be releasing the names of the victims.

The driver of the Savanna suffered minor injuries and was treated where the accident occurred.

Taplin said the collision ejected both victims from their seats, with the two vehicles ending up in a near-by ditch. Air bags were deployed in both vehicles.

"That will be part of the investigation as well," Taplin said about whether the victims were wearing seatbelts. "The vehicle has gone for mechanical (check) to determine if the seat belts were in use or if they were

in working condition." loaded



plin said the gun and drugs weren't on either victim and that the Civic didn't belong to them. Taplin added the car wasn't stolen.



yesterday to Chuck Strahl, minister of Indian and northern affairs, before handing it to Kelly Wilson, right, a constituency assistant for MP Megan Leslie.

Students seek further support for First Nations University

FUNDING A handful of student activists were on hand at Halifax MP Megan Leslie's NDP constituency office yesterday, urging the federal government to provide permanent funding to the First Nations University in Saskatchewan. Seven members of the

Canadian Federation of Students presented a letter, addressed to Indian and Northern Affairs Minister Chuck Strahl, to Leslie's constituency assistant.

"First Nations University plays an important role in encouraging aboriginal students to pursue post-sec-ondary studies," said Elise Graham, CFS Nova Scotia chairwoman.

First Nations University, located in Regina, had its funding cut by the provincial and federal government in February, amid allegations of financial irregularities.

Saskatchewan has since restored its share of funding to the university, as has the federal government. The CFS is concerned, however, the feds have yet to commit to funding beyond March 2011.

Leslie, who was in Ottawa yesterday, said while First Nations University has had governance problems in

the past, she believes the issues have been addressed. "Since (February), a lot

has happened," said Leslie.
"(First Nations University) responded to the concerns to the point that Saskatchewan actually said 'we will reinstitute your

funding.' Leslie praised the federal government for funding the university to 2011, but said a more permanent funding arrangement

funding ari should be made. "(First Nations University) is so important to First Nations, but it's also important to Canada," she added. ALEX BOUTILIER/FOR METRO HALIFAX

Crossing guards concerned about speeding

SAFETY The union representing more than 150 HRM crossing guards has requested a meeting with Transportation Minister Bill Estabrooks to discuss concerns they have over speeding in school zones.

CUPE Local 4814 spokeswoman Glenna Casavechia said in a release issued vesterday guards regularly excessive speed in

the twilight saga

school zones and people not stopping at cross-walks.

Specific crosswalks, including those located on Lacewood Drive and Caldwell Road are, according to the release, "the worst school crossings for trying to get children across the street safely.'

"We need to have stiffer fines for these infractions,

Casavechia said, feeling something in the neighbourhood of \$1,000 should get drivers' attention.

The issue is something Casavechia said Estabrooks needs to look at, with the party bringing in legislative changes to ensure kids are safe when crossing streets to-andfrom school.





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Animal theft makes world headlines

Quebec provincial police have checked with zoos to see if they've been offered a stolen tiger and two camels whose theft has made international headlines.

News websites from as far as India, New Zealand and Britain's BBC have run the story of the three beasts who vanished last week. THE CANADIAN PRESS

Canada



Group hits at cardinal over promotion Canada's highest-ranking Catholic doesn't deserve a rumoured promotion to the Vatican

Canada's highest-ranking Catholic doesn't deserve a rumoured promotion to the Vatican because of the way he's handled the church sex-abuse scandal, a victims' group said yesterday. The group's founder said Cardinal Marc Ouellet had repeatedly refused to apologize for crimes committed within the church, and for the hundreds of lives destroyed.

THE CANADIAN PRESS

Feds urged to rein in power

It's been a long time since anyone argued that the federal government needs more power, but a new report is calling for Ottawa to stand up for itself against the provinces and bring in an economic charter of rights for Canadians.

Exactly 20 years since the death of the Meech Lake constitutional accord—an epic Canadian struggle between federal and provincial power—a new think-tank is arguing that Ottawa needs to flex its muscles against the provincial barriers to free trade of goods and services within Canada.

The demand for more federal power flies in the face of conventional political wisdom, especially from Prime Minister Stephen Harper's Conser-

Charlottetown

• Yet another doomed constitutional deal in Canada — the Charlottetown accord, brokered in 1992 in the aftermath of Meech — did contain many provisions toward a stronger economic union. But that

vative government, that Ottawa shouldn't get in the way of provincial power in Canada. But

Ottawa is simply too afraid of the provinces to claim its rightful, constitutional powers over the economy, says Brian Crowley, head of the Macdonald-Laurier Institute, a new research centre in Ottawa.

"Only a failure of federal

agreement collapsed after it was put to a nationwide referendum in the fall of 1992 and since then, the federal government has largely avoided any negotiations with the provinces over powers.

nerve has prevented the forceful exercise of this clear power," he said

TORSTAR NEWS SERVICE

Top U.S. military officials appeal for ally support in anti-Taliban mission.

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Figures of left, right back charter

POLITICS The call for an economic charter of rights has also been endorsed by key figures from the left and right of the Canadian political spectrum — among them Thomas d'Aquino, former head of the Canadian Council of Chief Executives, as well as Tom Axworthy, former principal secretary to prime minister Pierre Trudeau.

In fact, he was probably the last and most vocal prime-ministerial proponent for the idea of a strong federal government in Canada.

TORSTAR NEWS SERVICE

History Window to the past



A portrait of the Indian king Onigoheriago is shown in a handout photo. To commemorate the 300th anniversary of the historic visit by Queen Anne, the Canadian Museum of Civilization is displaying the famous oil paintings in the summer exhibition Four Indian Kings: War and Diplomacy in 1710, along with related historical information.

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Metro **Strong showing for fight against cancer**



Metro is proud to support the Canadian Breast Cancer Foundation and Prostate Cancer Canada through the proceeds raised at the 2010 Metro golf tournament. From left: Grant Newbigging, Metro Toronto senior national account manager; Bill McDonald, Metro English Canada group publisher; Savitri Ponnambalam, Canadian Breast Cancer Foundation; Charlene Criscione, Prostate Cancer Canada; Irene Patterson, Metro Toronto associate publisher; and Jessica Fife, Metro Toronto marketing and promotions assistant.

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Court to decide on class action

TAR PONDS The Supreme Court of Nova Scotia has been asked to determine whether a group of 400 people can launch a classaction lawsuit over health problems they claim they've suffered by living near the notorious Sydney tar ponds.

Lawyer Ray Wagner, in his opening submission before Justice John Murphy, said the group wasn't seeking personal injury claims. Instead, they want a cleanup of the soil around homes within a five-kilometre radius of the former Sydney Steel Co., he said.

THE CANADIAN PRESS

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White House defends Obama golf outing

A White House spokesman says the U.S. benefits when President Barack Obama takes time to go golfing and "clear his mind." Obama spokesman Bill Burton yesterday defended Obama's leisure activities amid some Republican criticism that Obama should not be scheduling fun time during the Gulf oil spill crisis. THE ASSOCIATED PRESS

World



Ethiopian PM re-elected

elections by a landslide. Board chairman Merga Bekana said yesterday's final results install Prime Minister Meles Zenawi, left, for another five years and give his party the majority of seats. Bekana said the May 23 poll was peaceful, fair, credible and free. THE ASSOCIATED PRESS

Guilty plea in **Times Square plot**

NEW YORK A Pakistan-born U.S. citizen pleaded guilty vesterday to carrying out the failed Times Square car bombing, saying he wanted it known that unless the U.S. stops attacking Muslim lands, "we will be attacking U.S."

Faisal Shahzad, 30, entered the plea in U.S. District Court in Manhattan just days after a federal grand jury indicted him on 10 terrorism and weapons counts, some of which carried mandatory life prison penalties.

Shahzad made the plea and an accompanying statement as U.S. District Judge Miriam Goldman Cedarbaum began asking him a lengthy series of questions to ensure he understood his rights. She did not immediately accept the plea.

THE ASSOCIATED PRESS

counting for BP

OIL SPILL BP has spent \$2 billion US in two months of fighting its Gulf of Mexico oil spill and compensating victims, with no end in sight to the disaster or the price tag.

The British oil giant released its latest tally of response costs yesterďay, including \$105 million paid out so far to 32,000 claimants. The figure does not include a \$20-billion fund that BP PLC last week agreed to set up to contin-

businesses. There are also scores of lawsuits piling up against BP for the April 20 rig ex-

ue compensating
Gulf residents and

plosion that killed 11 workers and ensuing oil spill that has yet to be capped.

Shares of BP, which have lost about half their value since the rig Deepwater Horizon burned and sank, were down nearly five per cent yesterday in London trading at \$5.06. THE ASSOCIATED PRESS

Relatives of murdered weetheart couple hope culprit finds "special place in hell."

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\$1B a month and | Political football

France's disappointing performance at the World Cup is sowing a national crisis of sorts

When France won the World Cup in 1998, poll numbers of top French political leaders surged and the country claimed vindication for its model of assimilating ethnic minorities from former African colonies.

How times changed.

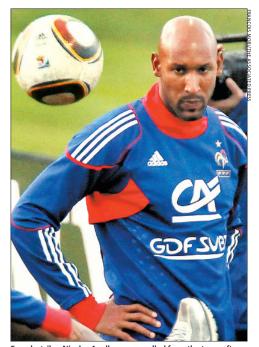
Instead of projecting an image to the world of racial harmony steeped in Republican values of liberty, equality, and fraternity, this year's squad has plunged into fratricidal conflicts playing out in the locker rooms, the press, and most crucially on the playing field.

Along the way, France is being pilloried worldwide and politicians from the finance minister to the president himself are getting involved. Even a Parisian Left Bank philosopher has aired musings about a "hooligan culture" gripping the nation.

It isn't just that the "Bleus" — as the national team has been affectionately known in better days - have turned in back-toback dismal performances that have left them winless and on the verge of elimination.

What has riled the French perhaps even more has been the surreal spectacle of their sporting heroes refusing to train, their star striker being sent home after an obscene locker-room tirade, and the sense of drift and even indifference they have demonstrated on the field.

The fortunes of the football team have also taken on a political dimension at a time when Sarkozy's poll



French striker Nicolas Anelka was expelled from the team after he reportedly unleashed a volley of insults at coach Raymond Domenech after being criticized for France's loss to Mexico.

Pulled

• French fast-food chain Quick said it was cancelling an ad campaign featuring striker Nicolas Anelka and removed images of him from all advertising in the chain's restaurants.

numbers have been sagging and the national mood was already soured by austerity measures announced in a tough economic climate.

Sarkozy's rivals on the left and right have wasted

no time in trying to win points from the World Cup fiasco.

Socialist lawmaker Α went so far as to see a political parable in the sporting disaster: Conservative Sarkozy, suggested Jerome Cahuzac, has fostered the kind of selfish individualism shown by the super-rich players of the French team, to the detriment of the national interest.

History has shown that a strong World Cup showing can help struggling leaders in the polls.

THE ASSOCIATED PRESS

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Calls from top for 'dignity, responsibility'

The crisis has spurred French President Nicolas Sarkozy into action. Over the weekend, he ordered his sports minister to prolong her stay in South Africa to knock some sense into France's bickering

"He like myself, we are taking note of the indignation of the French people and calling for dignity and responsibility," said Roselyne Bachelot.

During a press conference in Russia, Sarkozy described as "unacceptable" French star Nicolas Anelka's profanity-laced rant against coach Raymond Domenech that cost him a spot on the team.

Finance Minister Christine Lagarde, a former member of the French syn-

swimming chronized team, reached far beyond her portfolio to issue a stinging criticism of the

"I am appalled because I have worn the French national colours, and when you wear the French national colours you have added responsibilities," she told French TV.

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Comment

Closer to controlling the message



nyone who has worked with Stephen Harper will tell you his No. 1 priority is message control. Control the message and you control outcomes.

That's why, upon becom-

ing prime minister in 2006, he put in place the most allencompassing vetting system Ottawa had ever seen. Nothing could go out, not even the most minor of communications, without approval from head office.

But to control the message, you have to have influence in the media. So how's this for a coup? Harper now has one of his former directors of communications, Kory Teneycke, as de facto boss of Sun Media coverage. The same Teneycke is also leading the bid from the same organization to create

a new conservative television network.

On the newspaper side, Teneycke has already overhauled Sun Media's Ottawa bureau. Several good reporters have been moved out. The replacements are good reporters as well. But anyone who doesn't think they will be under pressure to provide a Conservative spin is deluding themselves. The changes were made for a purpose. The purpose was hardly to have the new hires rushing out to hold the government's feet to the fire

On the TV side, the new network needs regulatory approval to get up and running. The CRTC will be under tremendous pressure to provide it. As has been demonstrated, Harper does not take kindly to tribunals or commissions that go against his wishes. Those who sit on them can be replaced or have their decisions overturned. Chances of the PM standing idly by and watching this network proposal get shelved are next to nil.

The new network won't be as biased as Fox News in

the United States, its promoters claim. But in attacking the work of the CBC's Don Newman, they showed their true colours. If they had one-half the experience, the depth and the erudition of Newman, they should consider themselves lucky.

Having one of his former

Having one of his former promoters running Sun Media is just one of two great media turns for the prime minister. The other was the recent auction of the Canwest newspapers. Just when it looked like the conservative flagship, The National Post, and the chain's other big-city newspapers were about to be taken over by liberally inclined buyers, Canwest's Paul Godfrey came to the rescue with an 11th-hour bid that will keep the papers in the conservative stable.

Harper stood on the verge of losing the media balance of power in the country. Not only has he maintained it. He has now increased it.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Worth mentioning

Afghan opiate use doubles in five years

Drug addicts as young as one month old. Mothers who calm their children by blowing opium smoke in their faces. Whole communities hooked on heroin with few opportunities for treatment.

Use of opiates such as heroin and opium has doubled in Afghanistan in the last five years, the UN said yesterday, as hundreds of thousands of Afghans turn to drugs to escape the misery of poverty and war.

Nearly three per cent of Afghans aged 15 to 64 are addicted to opiates, according to a study by the UN Office on Drugs and Crime. The UN defines addicts as regular users.

That puts Afghanistan, along with Russia and Iran, as the top three countries for opiate drug use worldwide, according to Sarah Waller, an official of the UN's drug office in Kabul. She said a 2005 survey found about 1.4 per cent of Afghan adults were opiate addicts.

The data suggest that even as the U.S. and its al-

lies pour billions of dollars into programs to try to wean the Afghan economy off of drug money, opium and heroin have become more entrenched in the lives of ordinary Afghans. That creates yet another barrier to international efforts to combat the drug trade, which helps pay for the Taliban insurgency.

Afghanistan supplies 90 per cent of the world's opium, the main ingredient in heroin, and is the global leader in hashish production. Drug crops have

helped finance insurgents and encourage corruption, particularly in the south where the Taliban control cultivation of opium poppies and smuggling routes. Almost one million

Almost one million Afghans — eight per cent of the 15 to 64 age group — are regular drug users, addicted to opiates, as well as cannabis and tranquilizers, according to the report, which was based on surveys of about 2,500 drug users, community leaders, teachers and doctors.



Tell us your views by email to halifaxletters@metronews.ca or comment on metronews.ca or on Twitter @metrohalifax

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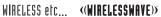












Via Rail plans basic services if workers strike

Via Rail Canada said yesterday that it will run a basic schedule of train services across Canada if the 2,200 ticketing vendors and maintenance staff represented by Canadian Auto Workers (CAW) go on strike on Sunday at midnight. METRO NEWS SERVICES

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Spin Master files infringement suit

TOY TALE A Canadian toy maker is suing Crayola, alleging the U.S.-based crayon and marker maker has infringed on one of its trademark names.

Spin Master Ltd., a Toronto-based company that produces the Liv dolls and bills itself as North America's third-largest toy company, said yesterday that it will "fight vigorously" to defend its trademarks.

Spin Master spokesman Harold Chizick said Crayola has a line it's planning to introduce that's also called "Liv," but he couldn't say if the product will be a doll.

Chizick said the case is expected to be heard in California.

THE CANADIAN PRESS

NYSE Meatloaf rocks exchange



Bat Out of Hell rock icon Meatloaf rings the opening bell of the New York Stock Exchange in New York yesterday. The Meat is headed for Canada to play concerts this summer.

Envy of the world

World leaders look at Canada for solutions

Canada thinks it can teach the world a thing or two about dodging financial meltdowns.

The 20 world leaders at an economic summit in Toronto this weekend will find themselves in a country that has avoided a banking crisis where others have floundered, and whose economy grew at a 6.1 per cent annual rate in the first three months of this year. The housing market is hot and three-quarters of the 400,000 jobs lost during the recession have been recovered.

World leaders have no-President Barack

G20 Summit

Obama says the U.S. should take note of Canada's banking system, and Britain's treasury chief is looking to emulate the Ottawa way on cutting

deficits. Os-

George Os-borne, Britain's treasury chief, has vowed to follow Canada's example on deficit reduction. "They brought together the best brains both inside and outside government to carry out a fundamental reassessment of the role of the state," borne said in a speech.

"We should be proud of the performance of our financial system during the crisis," said Finance Minister Jim Flaherty.

THE ASSOCIATED PRESS

Good news for the economy: The commercial real estate market is on the rise. n this code for the stor

Your Money

Some dos and don'ts to maintain a good credit rating

time you checked your credit history and score? If it was within six to 12 months go to the head of the class.

A poor credit score can stand in the way of everything from getting a car loan, a mortgage or even renting an apartment.



You can access an abbreviated credit report free from equifax.ca or transunion.ca. A full replus your score will cost from \$7.95 to \$23.95. A credit score of 750 or above is considered good.

Here are some tips for a credit history.

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drag down your MONEY RULE Do pay at

A healthy credit score is like a newborn. Treat it well and you'll receive a lifetime of dividends. least the minimum plus a bit more on bill, loan, LOC or credit card Do build up

a strong history with regular credit card use but pay the balance in full every month. Don't go over your

credit card limit and don't dip into your overdraft regularly. Both will lower your credit score. · Don't apply for too

many retail credit cards. You may get a discount on purchases when you apply but having a large amount of credit available, even if you don't use

it, can lower your credit score.

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French coach slams players' protest

France coach Raymond Domenech says his players were acting like imbeciles when they protested Nicolas Anelka's expulsion by refusing to train for a match that will decide their World Cup future. France plays South Africa today. THE ASSOCIATED PRESS

World Cup

Slovenians confident

enia captain Robert Koren, left, believes that ce of a shock victory when the teams meet in their final World Cup group match tomorrow.

EDITOR: DON.MCHOULL@METRONEWS.CA



David Villa of Spain fires a header at the goal yesterday in a World Cup match between Spain and Honduras in Johannesburg.

Spain returns to form

GROUP H RESULTS

Spain 2 Honduras 0





Now that looked like a championship team.

David Villa scored two goals as Spain got its World Cup pursuit back on track with a 2-0 victory over Honduras vesterday.

Villa beat three defenders in the 17th minute be-fore goalkeeper Noel Val-

Honduras still has slim hopes

• For Honduras to make the round of 16. it must beat

Switzerland in its last match and hope Chile defeats Spain.

ladares got a touch to the Spain striker's rising shot but not enough to keep it

Villa scored his 40th international goal in the 51st when his shot from the edge of the area deflected off a defender to go over Valladares. But Villa missed a penalty kick in the 62nd.

sending it wide right.

Spain has three points and can still win Group H with a victory over Chile, which earlier beat Switzerland 1-0 to lead with six points. Switzerland has three points and Honduras has zero.

"We think this first group is very difficult and

we have a tough game against Chile," Villa said. "Being world champions is a long way down the road, there's a long time to go, and many matches as well."

Honduras barely remains alive in the tournament after losing to Chile 1-0 last

"We lacked conviction," Honduras coach Reinaldo Rueda said. "There's nothing much to explain except that we had a superior team in front of us."

THE ASSOCIATED PRESS

Portugal lets loose on North Korea

GROUP G RESULT





Portugal revived its World Cup campaign with a 7-0 rout of North Korea in Group G yesterday, eliminating the Asian team from the competition.

Ronaldo Cristiano scored the sixth goal of the game, his first in a competitive match for the national team since the 2008 European Championship.
Ronaldo also set up Tia-

go's first goal in the 60th. Tiago added another for the 2006 World Cup semifinalists in the 89th, while Raul Meireles, Simao Raul Meireles, Simao Sabrosa, Hugo Almeida and Liedson also scored.

"It was a great day for Portugal and Portuguese football," coach Carlos Queiroz said "The players are really happy with the way they played, the atti-tude for the game, the beautiful football, the beautiful goals."

The win moves Portugal into second place in Group G with four points, two behind Brazil. The Ivory Coast has one point, and North Korea is out of



Portugal's Eduardo celebrates his team's win vesterday.

the tournament after two straight losses. It was the most one-sided World Cup match since Germany routed Saudi Arabia 8-0 in 2002.

North Korea had early chances, but were undone when Meireles latched on to a clever pass by Tiago and gave Portugal its first score of the tournament. The goal seemed to deflate the Koreans, while the Portuguese finally began to show some of the Latin flair that has made them an outside favourite to win their first championship.

THE ASSOCIATED PRESS

African teams fail to shine at continent's first World Cup

DISAPPOINTMENT Hopes of the first World Cup in Africa producing the continent's first winner seem increasingly far-fetched.

By the end of the week, Ghana may be Africa's sole survivor in the competition, with the five others facing tough — or impossible — routes out of the group phase.

disappointing Their showing is underlined by the Ghanaians collecting more points (4) from their first two matches than host South Africa (1), Algeria (1), the Ivory Coast (1), Cameroon (0) and Nigeria



Cameroon's Stephane Mbia sits dejectedly after a loss.

(0) combined.

Far from gloating, however, such supremacy over their African rivals doesn't sit comfortably with the Ghana players.

"We are praying for the other African countries because it is very, very important for us Africans to make sure that we go further than in the past," said

Ghana striker Asamoah Gyan, who has two goals in two games. "That is our ambition, not (for) Ghana, but the whole of Africa."

The first 10 days of South Africa 2010 have provided a jolt for the hopes of Africa's one billion inhabitants.

Four-time African champion Cameroon had been one of Africa's great hopes. But the Indomitable Lions are already preparing to pack their bags after failing to find their bite in losses to Japan and Denmark.

THE ASSOCIATED PRESS

Nigeria vs. South Korea, 3:30 p.m Greece vs. Argentina, 3:30 p.m.

GROU Slovenia vs. England, 11 a.m U.S. vs. Algeria, 11 a.m.

GROUP D

GROUP E

n, 3:30 p.m. therlands, 3:30 p.m. Slovakia vs. Italy, 11 a.m. Paraguay vs. New Zealand, 11 a.m. YESTERDAY'S RESULTS

YESTERDAY'S RESULTS

FRIDAY GAMES

Chile 1 SWILZELIAND Spain 2 Honduras 0
FRIDAY GAMES
Chile vs. Spain, 3:30 p.m.

x - clinched berth in second round

The 'Fridge' improving from immune system condition

The brother of former NFL star William Perry says the "Fridge" has some hearing loss but is improving from a condition in which the body's immune system attacks nerves. THE ASSOCIATED PRESS

Sports

EDITOR: DON.MCHOULL@METRONEWS.CA

Back from the brink

Federer survives scare in first round at Wimbledon

Six-time champion Roger Federer overcame a twoset deficit to avert a monumental first-round upset at Wimbledon, beating Alejandro Falla 5-7, 4-6, 6-4, 7-6 (1), 6-0 yesterday.

Federer has reached the tournament final each of the past seven years, but he barely survived the traditional opening match on Centre Court as defending champion.

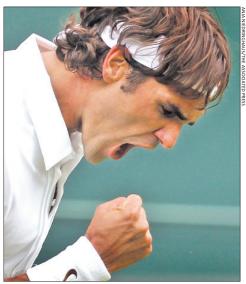
"I live another day," Federer said. "This one is one I should have lost. That's sometimes how grass-court tennis works."

Falla, ranked 60th, had lost all 11 sets in his previous four matches against Federer, but the Colombian played brilliant tennis to take charge of the match early. The turnaround came in the fourth set with Falla serving for the match and three points from victory, when Federer broke for only the second time.

He played his best tennis of the day after that.

It's the third time in a row he has won after losing the first two sets at a Grand Slam event, but the close call was a new experience in such an early round.

"You definitely feel uncomfortable," Federer said. "For me, it's not normal to



Switzerland's Roger Federer yells after winning the third set against Colombia's Alejandro Falla at Wimbledon yesterday.

Triumph, defeat for Canadian women

 It was a mixed day for the Canadians in the women's draw. Aleksandra Wozniak of Blainville, Que., defeated Eleni Daniilidou of Greece 75, 7-5 while Stephanie Dubois of Laval, Que., dropped a 6-4, 6-4 decision to Kirsten Flipkens of Belgium.

be down two sets to love. Especially at Wimbledon and early on in Grand Slams, it's something I'm not quite used to." In women's play, fivetime champion Venus Williams beat Rossana de los Rios 6-3, 6-2.

THE ASSOCIATED PRESS

Bruins, Oilers won't tip hands on draft plans for top 2 picks

NHL The Edmonton Oilers and Boston Bruins, who own the top two picks in this weekend's NHL draft, have done all they can to evaluate top prospects Taylor Hall and Tyler Seguin.

Now the teams have to figure each other out.

The Oilers aren't saying which way they are leaning, hoping to extract some concessions from the Bruins in a trade that would allow Edmonton to still draft the player it wants at No. 1 overall. The Bruins insist that they will be happy at No. 2 with whichever skater the Oilers don't choose.

"Right now, as of today, we have one guy over the other. But it's very close," Bruins general manager Peter Chiarelli said yesterday. "Nothing is really immi-

nent now. There's no pressure. There's really no need to talk in detail right now."

Chiarelli said he spoke

Chiarelli said he spoke again with Oilers counterpart Steve Tambellini over the weekend, but until the deadline of the draft looms larger the conversations don't seem to be zeroing in on a deal.

"We both don't want to

"We both don't want to play any cards to each other right now, if we have any to play," Chiarelli said.

Hall and Seguin, who tied for the Ontario Hockey League scoring lead, are the consensus top two picks in the draft, but there's little to separate them. Seguin was the league MVP; Hall is the only player in the 92-year history of the Memorial Cup to win the tournament MVP in back-to-back years.

Sports in brief

PARADE Hundreds of thousands of screaming, fist-pumping, flag-waving fans saluted the world champion Los Angeles Lakers yesterday during a one-hour parade that left no doubt that expectations for a three-peat are high. The parade capped a season that ended Thursday with an 83-79 Game 7 victory over the Boston Celtics and a 16th NBA title for the Lakers.

AHL Claude Noel has been named the new head coach of the AHL's Manitoba Moose. The 54-year-old from Kirkland Lake, Ont., joins the Moose after three seasons as an assistant with the Columbus Blue Jackets.

THE ASSOCIATED PRESS

SCOREBOARD

BASEBALL

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¹Open Account by Sept. 17 if by phone/online. Other conditions apply, ask in branch. *Wireless service provider fees and normal account transaction fees may apply. ¹As ranked by Global Finance Magazine in 08/09.

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*Registered trademark of CIBC. **No purchase necessary. For full rules, visit www.cibc.com/soccer. Closes July 11, 2010. 2 Grand Prizes to be won, each with an ARV of \$2,904 and consisting of a LG 55" LCD HDTV, Nintendo Wii console and 2010 FIFA World Cup South Africa game. Odds of winning depend on number of eligible entries received. Must be Cdn. resident. Skill-testing question required. "It's worth a talk." is a TM of CIBC.

Dartmouth Moosehead Dry pitcher Steve Nelson collected Nova Scotia Senior Baseball League Cleve's player-of-the-week honours yesterday. In 17 innings of work, the former Dodgers draftee surrendered just six runs and 14 hits while striking out 12. METRO HALIFAX

Maritime rivalry is born | Herd training camp could feature loads of intensity

Millrats officially move PBL franchise to Saint John

MATTHEW WUEST natthew.wuest@metronews.ca

When Andre Levingston walked into Harbour Station yesterday, the scoreboard read: Millrats 120, Rainmen 70. And so a rivalry was officially

Levingston, who owns the Halifax Rainmen, was in Saint John, N.B., for an off-season press conference announcing news the Manchester (N.H.) Millrats had officially relocated their Premier Basketball League franchise to the Maritimes.

'They don't like Halifax, that's for sure, and they let it be known that, 'We're better than Halifax, everything here is better than Halifax," said Levingston, who also serves as PBL pres-

"Even the mayor (Ivan Court) pitched in and said they was gonna smash us. It's going to be a really good rivalry, that's for sure.

Prior to yesterday's announcement, the Millrats were already the Rainmen's closest geographic rival along with the Quebec

Levingston expects the club to be an instant hit in Saint John after three seasons in Manchester.

"The city is just really, really enthused about having its own franchise," Levingston said. "The press conference was packed with business people and corporate sponsors. They have a lot of corporate support right off the bat."

A name-the-team contest will be held, although officials haven't ruled out keeping the Millrats moniker.

Levingston is flying to Puerto Rico today to meet with Baloncesto Superior Nacional officials about the possibility of enticing "three or four" of its teams to join the PBL. The Arecibo Capitanes played in the PBL last season but had a turburelationship league officials.
"The BSN is such a really

strong league and its teams are financed properly," Levingston said. "If we can have a relationship with those guys, that would be huge for our league.'

The PBL currently has eight teams



Halifax Rainmen guard Gary Ervin goes up for a shot against Manchester Millrats small forward Julian Allen during a Premier Basketball League game on Feb. 14 at the Metro Centre.

feature loads of intensity

MATTHEW WUEST

MOOSEHEADS Fewer players plus fewer games could equal more intensity at Halifax Mooseheads' training camp in August.

The Mooseheads open camp on Tuesday, Aug. 17, with their annual team barbecue, then hit the ice at Cole Har-bour Place from Wednesday, Aug. 18, to Friday, Aug. 20. Fewer than 50

players are expected, Cam Russell compared to the 64 who reported camp last year.

That means two intrasquad teams instead of three, with practices in the morning and five-on-five games at night.

"I think you'll see better, more spirited games in the evenings," said Mooseheads head coach and general manager Cam Russell.

Last year, Russell elimi-

nated practices and brought back five-on-five intrasquad hockey at camp for the first time since 2003, telling players "anything goes, including fights.

That led to more trainingcamp punch-ups than had been seen cumulatively in half a decade.

Russell said morning practices are important because of the club's goaltending depth. Returnees Mathieu Corbeil and Peter Delmas and rookie Anthony Terenzio are vying

for spots. "We want to evaluate our goalies closely and

that's why we're having practices in the morning," Russell said.

The Mooseheads open their four-game pre-season with a home-and-home against the Saint John Sea Dogs on Saturday, Aug. 21, in New Brunswick and Sunday, Aug. 22, at the Halifax

Gaudet sees action for Timbers

Bayside's Derek Gaudet made his first appearance in the United Soccer Leagues First Division on the weekend.

The five-foot-seven midfielder started for the Portland Timbers in a 2-0 road victory Derek Gaudet over the Minnesota

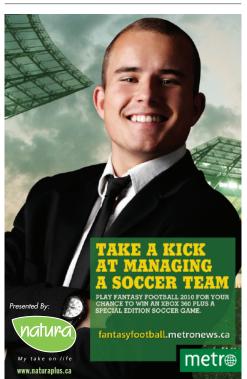


The Timbers are 4-5-4, tied for seventh in the league. Gaudet is a one-

time Toronto FC midfielder who was named MVP of the Nova Scotia Soccer League Premiership Halifax Dunbrack last sum-

METRO HALIFAX





Did vou know?

The history of Bedford began when Governor Edward Cornwallis organized his men and began the construction of a road leading to Minas Basin on the Bay of Fundy after establishing the garrison at Halifax around 1749. METRO NEWS SERVICES

Your Neighbourhood:

dford



A sparkling celebration

orations. There will also be a pyrotechnics display at the off celebration on June 25. METRO NEWS SERVICES

'Bedford just has everything'

Easy commute to Halifax makes area an ideal community to call home

JON TATTRIE for Metro Halifax

Bedford, a community of about 20,000 with a strong sense of identity, is famous for its fancy houses and easy commute to the rest of HRM.

When Kelly Regan became MLA for Bedford-Birch Cove last year, she was ready to handle overcrowded and in some cases aging schools, underserved recreation facilities and contentious plans for waterfront development, but

not the bears.

"They didn't give us any tips on dealing with bears, she says of her Legislature training. Last year, a big area problem was disappearing cats.

That turned out to be connected to the covotes moving in and now there are problems with bears, too, with one spotted near Prince's Lodge in June.

"They joke at caucus that I'm the critic for coyotes and ticks," Regan says.

The mother of three, who has lived in Bedford since 1994, says despite that, it's a great spot to raise a fami-

ly.
"About five years ago I was driving somewhere with my daughters in the back seat and one of them said, You know mom. Bedford just has everything," Regan says.

former The journalist ran for provincial office in the hopes she could do her "small part" to improve life in Bedford.

She knew what she was getting into with the de-



manding job of a politician — her husband, Geoff Regan, is the MP for Halifax West, which includes Bedford.

A new four-pad rink on the Hammonds Plains Road will bolster the area's recreational options and ease the pressure on getting ice time, she says.

The currently quiet waterfront could undergo major changes over the next 20 years, according to the Bedford Waterfront Design Study unveiled in June.

It would develop the area into a space like Alderney Landing in Dartmouth, with a library, performance space, restaurants, a ferry

terminal and a mix of residential and commercial buildings.

Some residents at the public meeting discussing the plan thought it was a step forward for the community, while others argued the lack of green spaces would cut people off from the water.

Float your boat for some grub

RICHARD WOODBURY for Metro Halifax

When choosing to dine out in Bedford, there aren't any shortage of options, but if you're looking to take your boat with you, one place to go is the China Town Restaurant & Lounge on the Bedford Highway. China Town has a wharf where people can dock their boats.

"There's not a lot of places you can do that," says waitress Kim Ashe.

She says the wharf is a popular attraction during the summer months and estimates that in the run of a week, 20 people take advantage of it.

Ashe says there are a number of things that attract people to the restau-

"It's a beautiful restaurant with a nice view," she says. "The service is good of course and the food is good."

Some of the specialties include chow mein and ginger beef.

But if Irish food is what "It's a beautiful you're in the restaurant with a mood for, nice view." there is only Irish Kim Ashe, China Town one

restaurant in Bedford: Finbar's Irish Pub

in the Sunnyside Mall. "It's a cozy upper mid-scale neighbourhood pub in the style of a Dublin style Irish pub," says co-owner

Mike Casey. Finbar's offers what Casev calls "Irish influenced con-temporary pub food." In other words, they don't sell chicken wings or club sand-

"Our number one burger is our lamb burger," he says. "Our boxty's are our biggest sellers." (Boxty's are a traditional Irish potato pancake.)

For people looking for pizza or seafood,

Iim's Pizza House has been a popular draw at its location on the Bedford Highway for

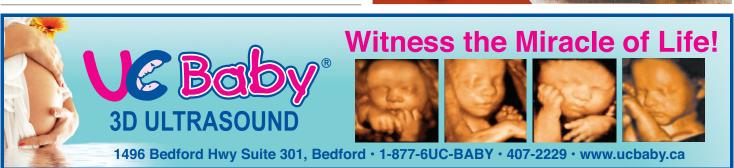
the past 22 years.

Manager George Mihelakos savs the reasons for the family run restaurant's success are the great food and the speed and quality of the service

The view overlooking the Bedford Basin is another factor, as is its patio.

"We just opened it the other day and it rained," says Mihelakos with a laugh.





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18 your neighbourhood: bedford

Word on the street: Why do you live in Bedford?

Steve Mathews

A: It's a clean town with lots of out-door green spaces.

Laurie Orr

A: It's gorgeous and everything is convenient.

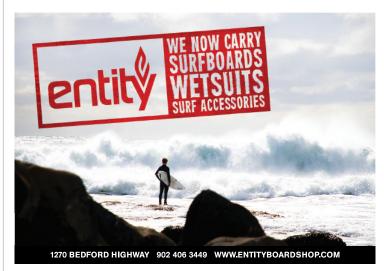
Debbie Price

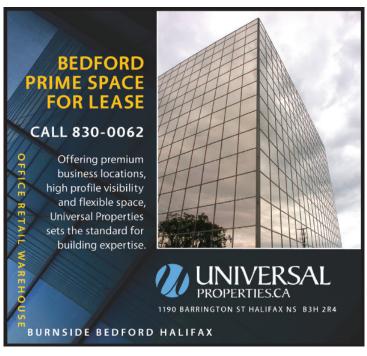
A: It has a community feel and is a great place to bring your family up.

Matt Warburton

A: My parents live here.







Did you know?

Bedford was incorporated as a town on July 1, 1980. On April 1, 1996, Bedford was amalgamated with Halifax, Dartmouth, and Halifax County Municipality to form the Halifax Regional Municipality. METRO NEWS SERVICES

your neighbourhood: bedford 19

BIO helping Canada's international seabed claim

JON TATTRIE

The gem of Bedford is its basin, and from war-time convoys to present-day container ships, it has connected the community to the world. Currently, one of the basin's most highprofile tenants is the Bedford Institute of Oceanography.

Tom Sephton, division manager for the Department of Fisheries and Ocean at BIO, says the institute is currently busy mapping the ocean floor in the far north to bolster Canada's international claim to the seabed. Expeditions are sent out from the basin institute and

Looking back over 40 years

• Go to bio.gc.ca for a history of the Bedford Institute of

Oceanography and details on visiting the facility.

the data they collect is studied at BIO. Its work will be submitted to the United Nations Convention on the Law of the Sea.

"We're working with the Danes, the Americans and the Russians, who have already submitted their claim to the world court," he says.

It's difficult work because of the north's unpredictable weather. "This year, because of melting and open water, there was extreme fog," Sephton says, which slowed operations.

BIO, which is headquartered on the Dartmouth side of the basin, has more than 600 researchers, technicians, natural resource and environmental managers and support staff working in a range of fields. It also houses offices for the departments of fisheries and oceans, natural resources, Environment Canada and national defence.

Its welcoming more residents, as the Coast Guard is leaving its Parker Street base to move into BIO. Plans

are that by 2012, the Coast Guard will have a new building on the BIO grounds that will merge its current three locations.

"It's great, because now we have all of the vessels in one spot," Sephton says.

BIO was established as an oceanographic research facility by the federal government in 1962 and has operated on the basin shores ever since, growing into Canada's largest centre for ocean research.

Parts of it are open to the public and its Sea Pavilion has touch tanks with lobsters, crabs, star fish, sea urchins and sea cucumbers. Visitors can also see oysters, salmon, skates and several other aquatic animals.



Bio was established as an oceanographic research facility by the feds in 1962. It's Canada's largest ocean research centre.

ADVERTISING FEATURE

More than a store, Pete's is a community fixture.

Pete's is more than just a place to pick up groceries. It's become a community fixture and a destination in Bedford for over a decade. What's the secret ingredient in the store's success?

"We constantly strive to create a great experience for our customers, both while shopping in the store and at home enjoying their meals," says Operations Manager Holly Chmelyk.

Known for the premium quality of its produce, Pete's buys directly from suppliers, carefully selecting items and ensuring products are as fresh as possible. The store is also well known for its variety of specialty grocery items and literally has thousands of unique products lining the

"Pete's is a store where people have come to expect a wide selection of products, and we deliver on that" says Chmelyk.

The Pete's experience is built around the reliable quality, variety and value of its products. The employees play an important role in creating that magic, where customers are greeted with a smile and regulars are known on a first-name basis.

Operations Manager

Holly Chmelyk

The staff is familiar with the product line, at the ready to identify an exotic fruit, recommend a perfect cut of meat for the BBQ, or help to locate an uncommon ingredient.

Locally owned and operated, Pete's is proud to actively support other local businesses and believes that is an integral component to the success of the store. Working with suppliers of local favourites including blueberries, apples, mushrooms, potatoes, lamb, poultry, game, and cheeses, Pete's is committed to supporting local businesses, both in Nova Scotia and Atlantic Canada.

"We pride ourselves on being a local business and being strong partners within our community," says Chmelyk. "Encouraging local consumption is something that's important to us. We feel it's important to our community as

Supporting the community also includes volunteer work.

Pete's recently introduced a program called "Pete's Helping Hands" where employees volunteer at a location of their choice in lieu of working at the store.

"We pay them for the day as if they were working here," says Chmelyk. "It's a day and age where people want to help other people," she adds. "Creating a sense of community is a big part of what our volunteer efforts aim to do."





Working in soup kitchens, planting gardens and assisting with community garbage cleanup, employees recognize the uniqueness of the program.

"They're really appreciative that they work for a business that allows you to do that," says Chmelyk.

Pete's also supports local charity groups with food, monetary donations or even fruit baskets, making several donations each month.

"We have the ability and the desire to help build a stronger community," explains Chmelyk. "We're doing our part to give back."



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20 your neighbourhood: bedford

Celebrate Bedford Days

RICHARD WOODBURY for Metro Halifax

This year marks the 33rd time Bedford Days will be celebrated. It is happening from June 25 to July 1 and is a week-long celebration promoting the community as a great place to live, work and raise a family. Most of the events take place at DeWolf Park.

"It's a longstanding tradition in Bedford," says Monica Njoku, an assistant civic events coordinator with HRM.

"I have friends in their 20s now who remember going to it in when they were in high school, junior high school and when they were kids."

This is part of the charm of Bedford Days, its ability to entertain a variety of age groups. From a pancake breakfast to a dog show, there's something for all.

On June 27, the alFresco Film in the Park happens. It's an outdoor showing of the 2009 film Hotel for Dogs, projected onto a gi-



Milo the Clown entertains the kids and the adults at Bedford Davs

ant inflatable screen.

"The great thing about the park is that it's almost a natural amphitheatre," says Njoku. "It kind of angles towards the water ... They get to watch the movie while the sun sets over the basin, so it's actually really nice."

New to the event this

year is Youth Night June 29. The featured entertainer is Juno nominated DJ Skratch Bastid.

"That's his hood basically," says Njoku, explaining Bastid grew up in the area and went to Charles P. Allen High School.

Local youth bands will also perform.





Getting around

Metro Transit offers six routes that serve Bedford directly. numbers 66, 80, 82, 86, 88 and 89. METRO NEWS SERVICES

your neighbourhood: bedford 21

Lakeside living can be yours in Bedford



A beautiful view awaits homeowners on Shore Drive.

A variety of housing options abound

JON TATTRIE for Metro Halifax

Nestling around the treelined basin at the back of the Halifax harbor, the suburb of Bedford lures commuters with respected schools, plenty of shops, green spaces and a low

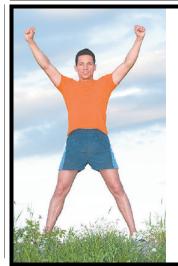
Paula Pulling, a realtor for Royal LePage, has lived and worked in Bedford for 20 years and knows the area well. She says singles, young couples or downsizing seniors can buy condominiums in Bedford for just under \$200,000. That primarily includes the Papermill Lake around the rest of Bedford.

Pulling says for a house, vou'll need in the area of \$250,000 to enter the property market. That would get you a single home or a semidetached house, depending on which area you're looking at. "It wouldn't be a brand-new house and it Street, high end Pleasant Street," she says, adding the house would be forty years or older and with little prop-

erty.

If you can stretch to the \$350,000 to \$450,000 range, you'll open up more options in location including Ridgevale, Basinview and you a two-storey house with a garage and three to four bedrooms on a good side street," she says.

If you've got half-a-million dollars or more, you can move into some of HRM's swankiest addresses with a big, new house. One of the priciest residential arDrive, a tree-lined street tucked in along the water at the edge of the Bedford Basin. Pulling says prices literally depend on which side of the tracks you look at, as the water side fetches \$600,000 and up and the train-track side goes for \$300,000.



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Health & Beauty

Fight pregnancy skin problems

hormones can cause many changes to women's skin in nine months

HEATHER BUCHAN for Metro Canada

It's no surprise that hormones play an important role in the condition of our skin. And that's why pregnant women in particular are prone to a host of unnerving skin changes including acne, pigmentation and stretch marks.

It's increased levels in estrogen and progesterone that allow for a viable pregnancy, but it's these hormones that can also wreak havoc on the skin.

hormones that can also wreak havoc on the skin. According to Danielle Edwards, the education manager at The International Dermal Institute, what happens to our skin during pregnancy is essentially out of our control.

Although that's no great comfort, she adds that you can combat pregnancy-related skin conditions simply by adjusting your skincare routine and being diligent about moisturizing your entire body every day.

PIGMENTATION

The mask of pregnancy, formally called chloasma, mainly affects women with darker complexions.

Essentially, it's discoloured patches of skin that form in a masklike configuration over the forehead, nose and cheeks.

This is because the cell that produces pigment, called the melanocyte cell, is controlled by estrogen, explains Edwards. The good news is that chloasma generally fades a few months after delivery.

Pregnancy also makes women more prone to hyperpigmentation, so freckles and moles become darker and more noticeable.

Sun exposure can intensify discoloration, so avoid prolonged sun exposure and be sure to always wear SPF when outside.

"If you haven't been protecting yourself from the sun, hyperpigmentation becomes more difficult to treat at the end of the pregnancy," says Edwards.

STRETCH MARKS

Most women develop stretch marks across their belly and breasts.

"These marks are caused by tiny tears in the tissue that lies just below your skin and enables it to stretch," explains Edwards.

Depending on complexion, stretch marks can be pink, reddish-brown or dark brown.

Like pigmentation, stretch marks generally fade after delivery.

But the key to keeping them under control is to keep the skin supple by

- hydrating.

Although no cream will actually stop the tearing of

the skin as it stretches, applying moisturizing creams will increase the

retches, ap-integrity of the skin.
noisturizing And, Edwards recomncrease the mends applying vitamin E

stretch marks you notice forming. "It's a great skin healer," she says.

ACNE

The increase in estrogen and progesterone can cause sebaceous glands to release more oil, resulting in breakouts.

Edwards warns that women who are prone to breakouts during their menstrual cycles are more prone to

"On the whole, the way your body was before will govern the way it is during

acne during pregnancy as

pregnancy," says Edwards. Edwards recommends washing your face with a gentle cleanser both morning and night, using an oil-free moisturizer (to avoid clogging pores) and using a mild exfoliator once or twice a week.

Pregnancy skin care no-no's

• Stay away from using pure essential oils on your skin, especially during the first and second trimesters as they can enter the bloodstream. Research is still being conducted on what type of effects they can have on fetuses.

 Avoid dermatological treatments that involve galvanic, high frequency, micro-current or laser and microdermabrasion as they pass an electrical current through the body.

 If you're unsure of any skin care ingredient, consult your doctor or dermatologist before using it.

METRO NEWS SERVICES

A natural way to keep babies clean

ECO-FRIENDLY Gentle enough on babies, and perfect for you; Live Clean Baby bar soap is an eco-friendly alternative for the entire family. Made using natural ingredients, this unique soap — perfect for delicate skin — is also petroleum free and hypoallergenic. Visit liveclean.com for more information. METRO NEWS SERVICES

Pregnant glow

 On the upside, many women enjoy a pregnancy "glow," which results from the greater blood volume circulating in the body, combined with a slight rise in body temperature. The skin not only plumps out, but it retains more moisture and has a soft, velvety texture that radiates.



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Being diligent about moisturizing your body every day can help combat pregnancy-related skin conditions.



Postpartum intimacy tips

Pregnancy can take a tough toll on a couple's sex life



h, new motherhood. You're sleep deprived, overwhelmed, \mathbf{I} and your breasts are feeling more feedbag than fun bags. Sex? Yeah right. Especially given that it was sex that got you into this mess in the first place!

Well, as much as it may feel like you'd be okay to never have sex again, your partner might not be so keen on the idea. And remember, vou once liked the guy enough to make a baby together. Surely, there's a spark at least smoldering in there somewhere for him.

But how do you go from smoldering to hot again?

TAKE IT EASY ON YOURSELF There is no rule about

when you should start having sex again. The postpartum period is a time of huge changes in your body, your hormones, your lifestyle, your sense of self your relationship. Some women are ready for sex after six weeks, other six months. You'll know



After nine months of pregnancy and giving birth it can be hard for women and their partners to re-ignite the spark in their relationship, but there are many different ways to stay connected.

when you're ready.

TALK ABOUT IT

He can hardly know how you're feeling about sex if you don't tell him. And no, "Get your hands off me, it's enough with the baby sucking the life out of me without having you pawing at me" is not considered effective communication despite how true it may be. If you're not feeling sexy, or worried about pain or you just want a foot rub, tell him. Assure him that you love him but you need him to be patient with you right now and tune into your needs.

MAKE A DATE

If you're not ready for sex, you can still be inti-mate. There are ways to stay physically connected that don't involve penetrasages are all good ways to physically nurture each other until you're ready to have intercourse again.

LOVE YOURSELF

A lot of women feel like their body has been taken over by aliens after giving birth. Doing something nice for yourself — like getting a pedicure — will make you feel prettier, sexier and like you may actually have ownership of your body again one day. A trip to the gym will not onmake you feel better physically, the endorphins and adrenalin will help kickstart your libido. Also feeling good about yourself will ultimately lead to a happier relationship with both your partner and your baby.

DON'T IGNORE YOUR GUY

New fathers sometimes feel rejected when he realizes mom's found a new first love - her baby. Make an effort to include him. For example, if you're breastfeeding you may want to invest in a breast pump so that you can fill bottles and let him feed and bond with the baby. And you're free to go for that pedicure!

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Full 40 weeks important in development: Study

CELIA MILNE for Metro Canada

Pregnant women take note: If you have a choice, go for the full 40 weeks. Even being delivered one week early can make a difference in a child's chances of needing special education at school age, recent research suggests.

Babies born at a full 40 weeks have fewer learning difficulties later in life than babies born prematurely or even babies born at 37 to 39 weeks, according to a new study in the U.K.

"For any woman who is considering or being considered for an elective delivery (caesarean) before

term, it is important that she have a discussion with her obstetrician about the potential risks and benefits, to both mother and child, of delivering early," author Professor Jill Pell, head of the public health and health policy section of the University of Glasgow, tells Metro.

Pell and her colleagues analysed the birth history of more than 400,000 school-age children in Scotland. They found that 4.4 per cent of children born at 40 weeks had special education needs, compared to a slightly higher 4.7 per cent born at 39 weeks and 5.1 per cent of children born between 37 and 39 weeks.



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Caesarean sections remain high in Canada

In some parts of Canada, as many as 30 per cent of babies are born by caesarean sections. That is quite high considering that the World Health Organization recommends that ideally only 10 to 15 per cent of births be by C-section.

By the numbers

Provincial c-section stats in

- B.C.: 31.3 per cent
- Ontario: 28.6 per cent
- Nova Scotia: 27.8 per cent

While many C-sections are necessary because of complications of labour, a number of birth experts believe this rate can be reduced, especially if women receive better support to deliver their babies vagi-

Unnecessary caesarean deliveries increase the risk of illness and death for the mother and are more costly to the health care system, reports the Canadian Institute for Health Infor-



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Get creative with your drinks

It's time to get creative. Now at Starbucks you can ask your barista to customize your Frappuccino with the new However-You-Want-It blended beverage. From your choice of milk and coffee (or lack of) to syrup and topping choices, there are hundreds of options! METRO NEWS SERVICES

Food



What's in a name?

A burger with your name on it will become a reality for one lucky beef lover with Harvey's latest contest. Until July 19, Canadians are encouraged to submit a name for the hamburger chain's newest premium, home-style patty served on a warm bistro bun. Visit Harveys.ca/facebook to offer your suggestion and an explanation, which makes you eligible to win \$10,000. The new name will be announced on Aug. 16.

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Personal Gourmet recipe of the month

ROSE REISMAN

Sweet & savory

Spinach Salad with **Candied Pecans, Pears** and Brie

PREP TIME: 15 MINUTES COOK TIME: 15 MINUTES

This is the number-one salad in my catering companv. The sweet and savory combination of cinnamonsugared pecans, ripe pears and small morsels of brie is sensational. There is very little oil in this, but you won't miss it.

You can easily make this a main meal salad by adding some grilled chicken or shrimp. **SERVES 8**

INGREDIENTS:

• 1/3 cup pecan halves

- 3 Tbsp icing sugar
- ¼ tsp cinnamon
- 1/8 tsp allspice
- 1/8 tsp nutmeg
- 8 cups baby spinach leaves
- 1 cup diced radicchio
- 1 large ripe pear, peeled, cored and diced
- 2 oz brie, diced
- · 2 Tbsp orange juice con-
- centrate, thawed
- 2 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- 1 tsp minced garlic • ½ tsp liquid honey
- ½ tsp Dijon mustard

METHOD:

1. Preheat the oven to 350°F. Spray a baking sheet with cooking oil.



Rose Reisman is an author, media personality, nutritionist, and the inspira-tion behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at

2. Rinse the pecans with cold water. Drain, but do not let them dry. Combine

SCOTSBURN

The Dairy Best! metr⊕

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Spinach Salad with Candied Pecans, Pears and Brie.

the icing sugar, cinnamon, allspice and nutmeg in a small bowl. Dip the pecans in the sugar mixture, coating them well. Spread on the prepared baking sheet.

3. Bake for 15 minutes in the center of the oven. Remove and cool. When they're cool enough to handle, chop coarsely.

4. Combine the spinach, radicchio, pear and brie in a large serving bowl.

5. Whisk the juice concentrate, oil, vinegar, garlic, honey and mustard together in a small bowl. Pour the dressing over the salad and toss to coat. Garnish with the candied pecans.

Per Serving: Calories 189; Protein 4.2 g; Fat 12 g; Saturated Fat 2.7 g; Carbohydrates 13 g; Cholesterol 9 mg; Sodium 105 mg; Fiber

Tim Hortons



A warm match

ince it can be such a pain in the butt to grow - often promising heaven and then putting winemakers through hell pinot noir has earned a reputation as the heartbreak grape. Even when it has the home vineyard advantage as it does in France's Burgundy region - there's no guarantee of a happy ending.

That said; this fickle piece of fruit has surprised many by warming up to wineries in less traditional cooler climate areas like those in New Zealand and North America.

While the movie Sideways may have you thinking California is the only state squeezing some amazing juice out of pinot, the grape is the signature red of its northern neighbour Ore-gon; with the **Firesteed** 2007 Oregon Pinot Noir (\$17.95 - \$22.99) uncorking flowing cherry aromas and relaxed, soft strawberry-in-fused flavours.

Travel further north and across the border and you'll find some of the most impressive pinot on the continent growing in British Columbia. The value-priced Mission Hill Family Estate 2008 Five Vineyards VQA Pinot Noir (\$16.45 - \$17.99) offers loads of plump, ripe berry fruit.

Pinot Noir is a great warm weather red: matching with grilled chicken and meatier fish as well as it does laid-

back summer menus. Prices reflect the range across the country. Some products may not be available in all provinces.





Dr. Carolyn Macnutt and the Park West dental team welcome Dr. Jonathan Logan to the practice.

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Levi Johnston's attorney is taking exception with a blog kept by his client's sister, Mercede. Rex Butler says that while Mercede Johnston is free to write what she wants, she won't be privy to information from anyone with Team Levi. And Butler said Levi's team isn't sharing information about his plans, movements or other actions. THE ASSOCIATED PRESS



A way with words

Passionate rhymes fuel Canadian rapper



hen heard Sisive's first EP. The Book, two years ago. I was absolutely floored.

The rapper, whose real name is Derek Christoff, spoke brutally honestly about his parents' death his father died in 2006 of psoriasis of the liver; his mother passed away of breast cancer in 1997. Since then he has developed a rabid fanbase and while he's a strong rapper, it's his passionate rhymes that he hopes people will remember him for. "I'm not trying to be the best rapper alive," he says tells Metro. "My goal is to be respected as a songwriter."

That's why he says he's been "harassing" Ron Sexsmith to sing on one of his records for years. "He's got a career that I pray I can have," says Christoff. "He's respected by the best songwriters in the world."

Sexsmith finally sang on D-Sisive's new record — Vaudeville — on the song Liberace, about homosexually and having to hide your real self.

Christoff may have to put

out a few more albums before Sexsmith fans such as Elvis Costello and Paul Mc-Cartney start singing his praises, but make no mistake, it's going to happen. D-Sisive doesn't focus on his parents' death, and selfsabotaging his first chance at a rap career (he was courted by majors in the early 2000s) like he did on his EP and subsequent two LPs, but his words are no less direct and though-provoking.

The reggae-tinged Never Knew Me could be about a failed relationship, or perhaps he's looking back at his old, ego-driven self.

It also helps that he has a sense of humour. While his first records, especially The Book, were bleak, Vaude-



D-Sisive's new album, Vaudeville, features guest vocals by singer-songwriter Ron Sexsmith. It is available today.

ville is full of pop culture references and genuinely funny moments.

Christoff purposely made a lighter record, starting with the title of the disc. "When I referred to this record I said it will be my song and dance disc," he

says. "It wasn't going to be another 'I'm so sad, no one likes me album' - I'm going to get happy and bring the jiggy back

Bryan Borzykowski is a business and tertainment writer. Follow Metro Music on Twitter @TheMetroMusic

DVD picks

Green Zone

Director: Paul Greengrass

PAUL GREENGRASS IS Dart journalist and part action filmmaker, switching between docudramas such as United 93 to commercial blockbusters like the two Jason Bourne movies he's made with Damon. Both sides of Greengrass's personality are on display in Green Zone, which many people will under-standably think of as "Bourne goes to Baghdad." Damon plays Chief Warrant Officer Roy Miller (Damon), a U.S. Army stalwart tasked with rooting out and destroving WMD sites at the start of the Iraq War. When bust after bust comes up snake eyes, Miller becomes disillusioned with his work and suspicious of the reasons

Peter Howell/for Metro Canada

9:00 11:00 Canada's Worst Driver Raising the Bar White Collar (Premiere) CBC News: The National White Collar p Stage: Korea Reput Squelettes Tout Wheel Fortune Jeopardy! (N) Beautés désespérées (SC) Bons baisers de France (SC Le Téléiournal Caméra café Taxi 0-22 (SC) La Grande Évasion (HDTV) Crusoé Crusoe perd sa bague The Good Wife (HDTV) News Final (N) Community Matters The Simpsons Hell's Kitchen (PA) A twist surpri Fox First Two/Han mu.. Access H. Extra (N) The Lang & O'Leary Exchange Greater Boston Maria Hinojosa Business Rpt. Steves Europe "Proposit (SC) 30 Rock (SC) ca's Got Talent Audition of Nightly News Losing It With Jillian (N) Connect with Mark Kelley (N) fifth estate CBC News: The National NOVA (DVS) La Verité choc Le Mentaliste (SC) Criss Ange Wipeout (SC) | 3u Market Call Tonight Market Call Squeeze Play Larry King Live (N The Close John King, USA (N) Inside PGA British Open Highlights (N) MLB Baseball St. Louis Cardinals at Cabby Unlimit MMA Fight Night NASCAR Smart NASCAR Hub Foronto Blue Jays. From Rogers C European Poker Tour Monster Jam (HDTV) 43 43 43 FAM Ann. Molliaria Wizardis-Fried 26 26 26 TREE Wonder Pets 3rd and Bird 27 27 27 YTV (Carly To Be Indie 16 16 16 A&E The First 48 (HDTV) 70 70 70 APTN APTN National News 50 50 50 BBT 106 & Park: BET's Top 10 Live King of the Hill Babar Johnny Test Backyardigans That's-Weird Futurama Total Drama Total Drama 6TFFN American Dad Franklin Babar 8 Simple Rules Family Biz Little Bea Family Biz Malcolm-Miu. Intervention "Greg" Janress Rabbit Fall Hates Chris The First 48 Intervention "Amy P. Intervention Mixed Blessing renegadepress Beyond Words Callas Assoluta ** (2007, Documentary) Daha | According-Jim | Tiny & Toya 37 37 BRVO Wind at My Back 25 25 CMT CMT Star Live at the Rehearsal Hall Spect Home Improve. CMT Star Amer. Funniest Home Videos Corner Gas 49 49 49 COM Just for Laughs 153 153 153 COURT Killer Next Door Air Farce 22 Minutes Conchords Killer Next Door LA Forensics How It's Made Navy SEALs: Untold Stories Killer Door 38 38 38 DISC Destroyed 36 36 36 DISC Desiry Best 9 3 34 48 48 HGTV Holmes on Homes 46 46 46 HIST Greatest Tank Battles 17 17 17 MM Buffy the Vampire Slayer House Hunters | Property Virgin Ancient Weather (HDTV) Design School Cities of the Underworld Sarah's House House Hunters Pawn Stars Pawn Stars MysteryQuest Hard Times Video on Trial Pretty Little Liars (N) Styl'd "Dead and Gone mmtop10.ca A Perfect Getaway (2009, Suspens Operate-Repo Operate-Repo The Daily Fix Ranked! Hammertime (8:20) A Cargo Ghost Hunters UFO Hunters Family Guy MLB Baseball Atlanta Braves at Chie Family Guy Family Guy (8:15) Team America: World Po Juwanna Mann * (2002, Comedy) Le Téléjournal (SC) 04, Comedy) RDI économie Grands reportages (SC) 24 Heures en 60 minutes | 67 67 67 RDI RDI monde RDI économie | RDI économi Accidental Friendship (2008, Drama) Chandra Wilson. Party Mamas | Party Mamas | Party Mamas | Doctor Who "New Earth" | The Listener (D The Guard (HDTV) Californication Rich Bride Poor Bride Party Mamas | We | The Listener (DVS) Wedding SOS Stargate Atlantis (DVS Defying Gravity Scariest Police Since... The View (HDTV) (N) Tietla Couple Happy Family CSI: Crime Scene Investigat'n Scariest Police Shootouts Look-A-Like TMZ Inedible, Incre. Inedible, Incre. The Ellen DeGeneres Show Dr. Oz Shov Cake Boss Little Couple Wife Swap (N) Colin & Justin's Home Heist Wife Swap (N) Restaurant Adresse inconnue May-December | When I Laugh ADN: Accel Zoom anima 28 28 V Just Cause 60 97 97 VIVA Investigators Encounters 22 22 22 W House-Sell House-Sell 251 251 251 251 WGN WGN Evening News Due South ** (1994, Drama) Paul Gross. Murder, She Wrote The Closer "Flashpoint" The Closer "Flashpoint" Style by Jury Cold Case Missing (Part 1 of 2) Cold Case Style by Jury Be One Tree Hill (HDTV) Wall Two/Half Men Family Guy

critics'corner=

The Good Wife
She's only after him for his body
... of knowledge. Alicia (Julianna
Margulies) is working with Will
(Josh Charles) on the appeal of a death-row inmate who was convicted on Peter's (Chris Noth) watch. To get some needed information on the case, she agrees to a conjugal visit with her imprisoned hubby. Christine Baranski and Archie Panjabi also star in "Conjugal." 8 PM on CIHF



News at Nine

Gibbs (Mark Harmon) questions DiNozzo's (Michael Weatherly) DINOZZO'S (Michael Wearnerly) ability to do his job when his father gets involved in their latest investigation, which focuses on the attempted assassination of a foreign prince in "Flesh and Blood." 9 PM on CBS

Losing It With Jillian
Jillian moves in with the Northerns, a family that needs motivation to get back on the right track after the father, Patrick, loses his job, a tough break that makes wife Kim the sole breadwinner.
To help them redirect their lives, lillian urges them to thou out. Jillian urges them to throw out a deep-fat fryer that has con-tributed to their collective weight gain and start moving via roller skating and a step competition. 9 PM on NBC



26 entertainment



Audrina Patridge stalker to undergo psychiatric evaluation for choosing to stalk Audrina Patridge

A man arrested outside Audrina Patridge's home has pleaded no contest to stalking The Hills star and will undergo psychiatric evaluation.

Deputy District Attorney Wendy Segall says Zachary Loring entered the plea yesterday in Los Angeles. THE ASSOCIATED PRESS

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One year later, Jackson kids lead 'normal' lives

'NORMAL' BEING RELATIVE TO LIVING IN A PLACE CALLED NEVERLAND AND NOT BEING ABLE TO LEAVE IT WITHOUT WEARING A BLANKET ON YOUR FACE They are show business royalty, heirs of the King of Pop. Someday, they will be very rich. But a year after their father Michael Jackson's death, Prince, Paris and Blanket Jackson are normal kids full of fun and pranks, devoted to each other and to their grandmother who is their guardian, according to a lawyer who sees them frequently.

They talk about their father and his presence is everywhere in the ranchstyle house

in the San Fernando Valleley wheeler bers the far ily

where they live. Pictures and memorabilia

and memorabiliadorn the walls. The gated compound has additional residences where other members of the fam-

have lived over the years.
"The children are seemingly as normal as normal can be under pretty extraordinary circumstances," says Adam Streisand, the lawyer

who represents Katherine Jackson and a frequent visitor to the compound where she lives with the children. He provided an account of life inside their

of life inside their guarded world in an interview with The Associated Press.

PRESS





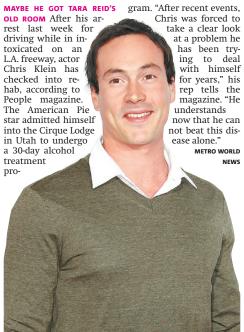
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Klein heads to rehab



Source: Lohan definitely drinking at MTV Awards

GET YOUR CREATIVE WRITING HATS ON, LOHANS: YOU'RE GONNA NEED TO COME UP WITH A NOBEL-CALIBRE

EXCUSE FOR THIS ONE Despite the fact that her test for alcohol in her system came back clean after the MTV Awards earlier this month, sources say Lindsay Lohan was definitely drinking the night her alcohol-monitoring anklet went off. "There was absolutely no doubt that Lindsay was drinking, and the report that the alcohol monitoring service provided to Judge Revel was very detailed and extremely reliable," a source tells Radar Online. "The report also says that Lohan's SCRAM bracelet had indeed been tampered with, and this is one of the reasons that Judge Revel determined that Lindsay

Follow these celebrities on Twitter... Celeb Tweets

LADY GAGA knows how to throw a party, JEWEL is keeping busy on tour, SEAN "DIDDY" COMBS is still bragging about something (he can't help himself), and BEN STILLER envies his pal.

@ladygaga Love my whiskey hangover+angry texts from my best friend who barely remembers her bday. DONT PUT ME IN CHARGE IF U DONT WANT IT DONE RIGHT

@jeweljk So excitedintroducing my bus driver to hot yoga this morning-ha

@iamdiddy I'm in a great mood today people!!!! I'm

@RedHourBen Lance Armstrong is the only guy in the world who can tweet while getting a massage and he cool



Prince Harry's back on the market

HEY, HARRY: I HEAR BOMBSHELL MCGEE IS STILL SINGLE
After six years of on-again
and off-again romance,
Prince Harry and Chelsy
Davy have called it quits,
according to the News of
the World. "We're finished," Davy reportedly
told pals. "This is a new beginning for me. I want to
start my career in South
Africa where I plan to
spend the rest of my life. I
don't want to live in
Britain."

WORLD NEWS









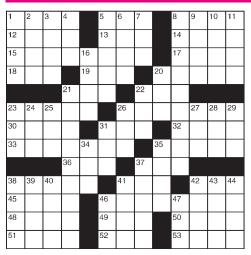


The Weather Network

entertainment 27

Take Five

e delicious Metro recipes, visit: metronews.ca/food



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone - one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

8		7	3	9	1		6
		6			8		
	4					3	
		5	8	4	2		
3							1
		2	9	6	7		
	8					2	
		4			9		
5		1	7	2	3		4

1 Bedouin 5 Spade or club, e.g. 8 Tel – 12 Pop flavor 13 "Born in the -14 Tardy 15 Blissful 17 Springlike melody 18 Moines preceder 19 Donkey 20 Dessert "there's always room for"

21 Not post-22 Gear tooth 23 Passport endorsements 26 Re a city's leader 30 Hebrew month 31 Poke 32 Portraval

33 In the not-too distant future 35 Handle effectively 36 Joke 37 Pouch

38 The fifth element 41 Trench

42 Sapporo sash 45 Unoriginal one 46 Dating from long past 48 Indian princess

49 Blond shade 50 Frail

51 United nations 52 Tackle moguls 53 Inquisitive

1 Served perfectly 2 Libertine 3 Swiss range 4 "Hum-bug! 5 Pocket-book 6 Wife of Osiris 7 Lobbying grp. 8 Having hidden spiritual meaning 9 Colorado skiing mecca 10 "— have to do

11 Kill a bill 16 Galley supply 20 Happiness 21 Pain reliever

22 Taxi

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

7 1

4

5 4 8 9 7 6 2

3 9 5 7 1 8 6 4

6

3

6 8 9 3 2 7

3 9 5

8

4 8 1 6 3 9

2

5 6 7 2 4 8

WELL, SO MUCH FOR NAME TAGS.

9 2 3 1 6 4 5 8

23 Anatomical duct 24 Bachelor's last words 25 "Casablanca" pianist

26 Potentially will 27 Shad product 28 The whole

enchilada 29 Started 31 Binge 34 Rose-anne's TV

hubby 35 Lightbulb measure

37 Cold rice recipe 38 Zinger

39 October birthstone 40 Nevada city

41 Put on the line 42 Sandwich

cookie 43 Prejudice 44 Gross

46 Possesses

47 Possess

2 4 5 6 3

1

8 2

5

5

3 9

Salad INGREDIENTS:

8 cardamom pods, crushed

Grated zest and juice of 1 lime

1 tbsp soy sauce

4 pieces skinless salmon

1 mango, peeled and

1 papaya, peeled, seeded and cubed 1 orange, peeled and seg-

Salt and pepper

1. Heat small skillet over medium heat. Scrape seeds from cardamom pods; add to pan with cumin seeds. Toast for few seconds to release aromas and remove to shallow non-metallic dish.

2. Add lime zest and juice,

Metro Recipe of the Day



Grilled Salmon

1 tsp cumin seeds

Juice of 1 orange

1 tbsp honey

fillet 4 cups mixed salad leaves

cubed

mented

orange juice, soy sauce and honey to seeds; add salt and pepper. Lay salmon in dish and turn to coat. Cover and marinate

3 Preheat broiler Place salmon on broiler pan and broil 4 to 5 minutes on one side only; salmon fillets should still be slightly translucent in centre. Meanwhile, pour marinade into small pot and bring just to boil.

4. Arrange salad greens on four plates. Scatter mango, papaya and orange over. Place cooked salmon on top and drizzle with warm marinade. Serve immediately.

SERVES 4

rd.ca

For nutritional infor mation on this and other great recipes go to **rd.ca** or check out Key Ingredients



Horoscopes by Sally Brompton

sallybrompton.com For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES

MARCH 21-APRIL 20

For every effect there must be a cause and your task today is to find out why certain less than welcome events occurred.

LIBRA **SEPT 23-OCT 23**

You may think you know what you want but Uranus, planet of surprises, could upset your plans if you take anything for

TAURUS

APRIL 21-MAY 21

You may honestly believe that there is nothing you cannot do but don't get so carried away that you make an embarrassing mistake.

SCORPIO

OCT 24-NOV 22

You seem to be finding it hard to put your thoughts into words at the moment, but that's okay because it's actions that count.

GEMINI

MAY 22-JUNE 21

On the web

BEDIENCE CLASS

Try not to rely too much on other people today. They may sound convincing but they probably don't know what they are talking about.

SAGITTARIUS

NOV 23-DEC 21
You may have come through recent difficulties relatively unscathed but don't push your

CANCER

 (π)

JUNE 22-JULY 22

Something will catch you out or take you by surprise today, but chances are you won't mind. You'll try anything once more if you like it.

CAPRICORN

Others may think that your

ideas are mad, bad or even dan-gerous, but who cares about them? The more others complain the more you'll enjoy it.

LEO JULY 23-AUG 23

Be careful you don't agree to something that is not in your best interests. You may want to help others but it's your happiness that counts

AQUARIUS



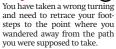
JAN 21-FEB 18
You have kept your passions under strict control in recent weeks, but now you need an outlet for all that pent-up emotional energy.

VIRGO AUG 24-SEPT 22

You are entitled to feel pleased with what you have achieved in recent weeks, but don't stop there. That was just the first

stage. **PISCES**

FEB 19-MARCH 20



This day in history

1825: The British Parliament abolishes feudalism and the seigneurial system in British North America. 1898: Spanish-American War: United States Marines land in Cuba.

1941: Germany invades the Soviet Union in Operation Barbarossa.

1962: An Air France Boeing 707 jet crashes in bad weather in Guadeloupe, West Indies killing 113. 1976: The Canadian House of Commons abolishes capital punishment.

1984: Virgin Atlantic Airways launches with its first flight from London Heathrow Airport. METRO NEWS SERVICES

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